

## February 2005: The Joy of Imagination

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### Publisher's Pen: The Joy of Imagination

"Joy is not in things; it is in us."

Richard Wagner.

Some people think that joy comes from helping others. Others believe that joy comes from living in the present moment, or being fully engaged in what we are doing. Still, others believe that joy comes from living to our full potential. Albert Einstein believed that it is the supreme art of teachers (and parents) to awaken the joy in creative expression and knowledge.

One story Einstein liked to tell about his childhood was of a "wonder" he saw when he was four or five years old: a magnetic compass. The compass convinced him that there had to be "something behind things, something deeply hidden." His particular note of joy was nurtured by family and friends, a solid education, and his own bold personality.

Let's allow Albert to speak to us about his note of joy:

"There was this huge world out there, independent of us human beings and standing before us like a great, eternal riddle, at least partly accessible to our inspection and thought. The contemplation of that world beckoned like a liberation."  
--Albert Einstein

"I want to know how God created this world. I am not interested in this or that phenomenon, in the spectrum of this or that element. I want to know His thoughts; the rest are details." -- Albert Einstein

Imagination is more important than knowledge. -- Albert Einstein

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." --A. Einstein

"Teaching should be such that what is offered is perceived as a valuable gift and not as a hard duty." -- Albert Einstein

What lights up your child? What excites them? It may not be quantum physics, but Albert was on to something when he



Dare to be joyful. How to fill your life with joy: Start with one experience and build on it.

Joy is an attitude. It is the ability to appreciate yourself and others at the same time. We need to know what excites us and matters to us, but we also need to know how to create an environment that will nurture joy for ourselves.

We do this by looking at the situations that have made us joyful and look for ways to build on those situations.

For example, we could build on a good experience by doing one or more of the following:

Discover if others around us are interested in the same thing.

Attend an event in the area of our interest, or create one if none exists.

Read books about people who are interested in the same thing.

Experiment with our area of interest by taking some action toward it.

Come on – I dare ya!

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